



Watercolor Heart Maps

Supplies:

- Watercolor paper
- Watercolor, brush, jar for rinse water
- Pencil, scrap paper
- Sharpie, thin black
- Maps, optional
- Scissors, optional

Instructions:

1. With a scrap piece of paper, take a moment and get comfortable wherever you are doing this art project, and start to calm your brain and body down. Take a deep breath. Look around the room, notice small things, like a tree outside the window, your pet being cute on the floor, a stack of books in your room, anyone else who's with you...
2. After a few minutes of centering yourself, make a list of things you are grateful for, and that you love, and enjoy doing.
3. There is no exact number to the list, write until you can't anymore. If you have 8 items, perfect. If you have 30, great. There is no correct answer to this one.
4. Then, set the list aside. On your nice watercolor paper, sketch a large heart with your pencil. Just a sketch, this too doesn't need to be perfect.
5. Like a map of a country or a state, you are now going to draw random lines all over the heart, as if you are creating the counties or regions of your heart. Make the lines different from one another, make them all different shapes. And make the number of 'counties' match the number of items on your gratitude list.
6. With your sharpie, write one gratitude item in EACH county shape.
7. When you are done, start coloring in each county with a different color watercolor paint.
8. *As a challenge, try NOT to have the same color touch itself on the heart map!
9. Once you are done painting, you can be done with the project. OR, if you love maps (the way I do), glue your watercolor heart map (that you've cut out as a heart) onto a background of an actual map. What a beautiful physical representation of all that is important and full of love for you!